

## EVERYBODY SEES A CHANGE IN FATHER

Grateful Son Says His Father Looks Like Different Man Since Taking Tanlac.

"My father has suffered from chronic stomach trouble for over twenty years and has paid out thousands of dollars for medicines and doctors," said G. W. Slayton, a well-known Cobb County farmer, living a short distance out of Atlanta, Ga.

"We tried nearly everything trying to cure him and he went off to the Springs, thinking maybe the water might help him, but it just looked like nothing would reach his trouble. Then he tried dieting and lived on liquid food until he almost starved, but even that failed to do him any good and he just kept going from bad to worse.

"I don't guess there ever was a case as stubborn as his, and if there ever was a confirmed dyspeptic he was one of them, and I guess he would have been one yet if it hadn't been for this Tanlac.

"The first we heard of this medicine was when my father saw an advertisement in the papers from parties he knew in Tennessee, who were friends of his and he knew what they said about it was the truth, so he got it right away and began taking it. Well, sir, it acted just like magic—everybody notices the change in father. Why, he is just like a different man and sits down to the table and eats like a farmhand. Only yesterday he ate pork and turnips for his dinner and ate so much we were actually afraid he was going to overdo the thing, but he laughed and said nothing hurt him now and that he was hungry and expected to eat and make up for lost time.

"Now, when a medicine will do things like that I think people ought to know about it, and I want to say right now that I would not give one bottle of Tanlac for all the other medicines and health resorts in the country put together."

Tanlac is sold by leading druggists everywhere.—Advertisement.

Sad.

Little Julian had completed his first day at school and had climbed upon his father's lap to give dad his impressions thereof.

"Well," said dad, "how do you think you will like school?"

Whereupon the countenance of Julian took on a most serious expression.

"To tell you the honest truth, dad," he answered, "I believe I've started something I can't finish."

## If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have been benefited, to those who are in need of it.

A prominent druggist says "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, as many of my customers testify. No other kidney remedy has so large a sale."

According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments; corrects urinary troubles and neutralizes the uric acid which causes rheumatism.

You may receive a sample bottle of Swamp-Root by Parcel Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.

Try This.

To prevent the gloss coming off of your white paint wash it with milk and a little soap. That will be much cheaper than repainting and is effective.

### Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the

Signature of *Dr. J. C. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

More to See.

Bill—We certainly see more bow legs now than we used to.

Phil—Well, we see more straight ones too, as far as that goes.—New York Sun.

### Cuticura for Pimples.

To remove pimples and blackheads smear them with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. Once clear keep your skin clear by using them for daily toilet purposes. Don't fail to include Cuticura Talcum.

Oh.

Marcia—"I heard that you were engaged to a shimmy dancer, Montague."

"I was, but she shook me."

The man who boasts of his experience does so because his experience cannot speak for itself.

## The Kitchen Cabinet

(By 1920 Western Newspaper Union.)

There must be no stint of labor where labor will tell for our neighbor's happiness, but no wasteful extravagance of it where it will not profit.

### GOOD THINGS FOR LUNCHEON.

Now that the fresh mushroom is ready for the gathering let us have:

**Cream of Mushroom Soup.**—Chop fine one pound of fresh mushrooms, and put into a double boiler with one pint of milk. Cook one-half hour, and strain. Add one pint of thin cream; when it comes to a boil, season with pepper and salt, add one-fourth of a cupful of butter and thicken with two tablespoonfuls of flour stirred with a little cold milk. When serving, add a spoonful of whipped cream for each cup.

**Smothered Chicken.**—Cut up the chicken as for frying. Put a tablespoonful of butter into a frying pan. Dredge the chicken with flour and pepper and put into the hot frying pan and cook several minutes adding bits of butter, as needed. Add boiling water to not quite cover the chicken and let simmer one to four hours according to the age of the chicken; cover tightly. A half-hour before serving season with salt. A small piece of onion improves the flavor; it should be cooked with the chicken.

**Creamed Calf's Brains.**—Cover the brains with cold water and let soak over night. In the morning drain off all the water and cover with boiling water; cook for one-half hour. Drain off the water, separate the brains and skin them. Blend one tablespoonful of butter with an equal amount of flour and add a little milk. Stir and cook until smooth. Add salt and pepper to taste. Chop the brains and add them to the sauce. Cook for three or four minutes and serve immediately.

**Carrots, fresh and crisp,** ground through the fine knife of a meat grinder, added to salad dressing and served on lettuce, make a most wholesome salad rich in mineral salts. Chopped Bermuda onions, dressed with French dressing and used for a sandwich are most appetizing.

**Hot's Mammoth sage** is the most highly prized as it grows very large leaves with the leaf stalks up from the soil, keeping them clean. The leaves are of fine flavor and much used in pork or pork sausage.

Emerald earth and azure sky,  
Bunny bee and dragon-fly,  
Bobolinks singing in the grass,  
Daisies nodding in a mass—  
That's June. —Shirley George.

### EASILY PREPARED BLACKBERRY DISHES.

There are two kinds of blackberries of which the low bush or dew berry is the earliest to come into the market and is much more delicious than the later high bush blackberry.

For an everyday blackberry pie, make a plain pie crust, line a deep pan and fill with sweetened fresh berries, cover with a top crust and bake. This makes a juicy pie which may be served with or without cream.

To keep the pie from boiling over and losing its juice, make a small paper funnel and stick into the top; the juice will boil up and fall back without wastage.

**Blackberry Pudding.**—Butter, finger-sized pieces of bread and place in the bottom of a well-greased baking dish, cover with sweetened blackberries and repeat until the dish is full. Place in the oven and bake, serve either hot or cold with cream and sugar.

**Blackberry Dumplings.**—Stew a quart or two of the berries in a deep saucepan. When boiling have ready some soft biscuit dough cut out into small biscuits and place over the top of the pan. Cover closely and steam until done. Do not let the biscuits rise to touch the cover. Serve hot with the berries as sauce.

**Blackberry Jelly.**—Dissolve one box of gelatin in a little cold water, add three pints of boiling water, the grated rind of one lemon and one orange, the juice of four oranges and one lemon. Let stand fifteen minutes, strain and add one quart of blackberries, pour into individual glasses and set in a cold place to harden. When ready to serve garnish with whipped cream and a perfect berry.

For a breakfast dish there can be nothing more refreshing than a dish of fresh juicy blackberries, each covered with sugar.

**Beef Red Hot.**—Cut roast beef or pork in thin slices. Slice thin sweet red peppers and firm ripe tomatoes. Slice one onion thin and brown in butter. Into a baking dish put a layer of meat, a layer of tomato and pepper with seasoning of salt, pepper and paprika for each layer. Over all pour a sauce made from the gravy of the meat, the butter from the frying of the onions. Add a little curry or chutney and a dash of cayenne. Bake in the oven thirty minutes or until well browned over the top.

Neenie Maxwell

## Filmy Frocks for Graduates



DESIGNERS have succeeded in writing "youth" into all the lovely frocks designed for this year's graduates. They have chosen filmy fabrics and made them up in styles that are as dainty as the flowers of spring, and these same flowers are made much of in their decoration. In fabrics organdy is a long way in the lead of a list that includes net (plain and dotted) in silk or cotton, fine voile, lace, swiss, crepe-de-chine and other crepes.

One reason for the success of organdy is that it provides its own trimmings. Frills, ruchings, flowers, petals and other decorations made of it are not outtrivaled by any other kind of ornament. Tucks and hem-stitching are suited to it and it makes the most buoyant and youthful of sashes. The "graduation frock" pictured is an example of its translation into just the right character of dress for the young maid. In this frock narrow tucks and val lace edging make a setting for embroidered daisies

done in mercerized floss, with white petals and yellow centers. Daisies made of white organdy are set about the girdle of another pretty frock and on a model having a long tunic made up of several panels, they appear, embroidered in white and yellow, at the bottom of each panel. Strips of organdy picoté on the edges are gathered along the center to four ruchings that edge the panels.

Organdy frocks have wide hems often cut in shallow scallops at the top and headed with frills. These frills, with picot edges, are used alone for decorating many frocks and often placed in festoons running in parallel rows on the skirt and bodice. Wide, hemstitched tucks or narrower ones edged with narrow lace are perhaps the best liked of all decorative features. Nearly all net dresses are tucked and the tucks bordered with narrow satin ribbon stitched to their edges, or with narrow lace.

## Frolic Frocks Are Afield



BEGINNING at two years old, to wear amusing little bloomers, the modern maid progresses through her frolicsome years, up to her fifteenth birthday, in clothes that invite her to vie with her brothers in strenuous play. Until she is five at least waists, with peg top or other bloomers buttoned to them, made of strong materials, give her all the freedom she needs. Frocks to be worn over the bloomers need not be reckoned with before her sixth year, unless they are a matter of personal preference on the part of her mother.

Frolic frocks are made of plain chambray, satin and of heavier cottons, of small plaid and checked gingham and of sturdy white cottons. Medium and dark blues—including navy—medium and dark greens, light purple, browns and yellows in the plain weaves, and the popular colors. In checked gingham a color with white are favored and in small plaids several light colors are combined. The bloomers are plain, full and knee-length, the frocks usually cut with kimono sleeves. Nothing is so popular for the sportingly-used decorations

as the very simplest needlework, as cross-stitches, running-stitches or a few embroidered polka dots. Button-hole stitches serve to finish edges, but findings of braid or other fabrics are sometimes substituted for stitchings, as in the little suit pictured. In this suit the bands on the bloomer legs are buttonholed, the neck sleeves and pockets finished with a binding. Small stars and dots embroidered in mercerized cotton floss provide a little ornament for the sleeve bands and shoulders. Stitchery is in a color that contrasts with the material usually. In some suits gingham and chambrays are combined, the bloomers of chambray and the frock of gingham, or the reverse. In checked gingham the cotton floss used for cross-stitch or other decoration is selected to match the colored check in color although it is often in a darker or lighter shade.

Julia Bottomley

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## HOW WOMEN AVOID SURGICAL OPERATIONS

Some Are Extremely Necessary, Others May Not Be

Every Woman Should Give Lydia E. Pinkham's Vegetable Compound a Trial First



Chicago, Ill.—"I was in bed with a female trouble and inflammation and had four doctors but none of them did me any good. They all said I would have to have an operation. A druggist's wife told me to take Lydia E. Pinkham's Vegetable Compound and I took 22 bottles, never missing a dose and at the end of that time I was perfectly well. I have never had occasion to take it again as I have been so well. I have a six room flat and do all my work. My two sisters are taking the Compound upon my recommendation and you may publish my letter. It is the gospel truth and I will write to any one who wants a personal letter."—Mrs. E. H. HARDOCK, 6824 St. Lawrence Ave., Chicago, Ill.

A Vermont woman adds her testimony to the long line of these fortunate women who have been restored to health by Lydia E. Pinkham's Vegetable Compound, after it had been decided an operation was necessary:

Burlington, Vt.—"I suffered with female trouble, and had a number of doctors who said that I would never be any better until I had an operation. I was so bad I could hardly walk across the floor and could not do a thing. My sister-in-law induced me to try Lydia E. Pinkham's Vegetable Compound and it certainly has helped me wonderfully. I keep house and do my work and have a small child. I have recommended Vegetable Compound to a number of my friends and you may publish my testimonial."—Mrs. H. R. SEARON, Apple Tree Point Farm, Burlington, Vt.

In hospitals are many women who are there for surgical operations, and there is nothing a woman dreads more than the thought of an operation, and the long weary months of recovery and restoration to strength if it is successful. It is very true that female troubles may through neglect reach a stage where an operation is the only resource, but most of the commoner ailments of women are not the surgical ones; they are not caused by serious displacements, tumors or growths, although the symptoms may appear the same. When disturbing ailments first appear take Lydia E. Pinkham's Vegetable Compound to relieve the present distress and prevent more serious troubles. In fact, many letters have been received from women who have been restored to health by Lydia E. Pinkham's Vegetable Compound after operations have been advised by attending physicians.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

## WINTERSMITH'S CHILL TONIC

Not Only For Chills and Fever But a Fine General Tonic Wards Off Malaria and Restores Strength. Try It

NOT HARD TO MAKE CHOICE ROUGH, BUT EFFECTIVE CURE

Probably Lester Could Have Determined Without the Appeal to His Physical Feelings.

Two men passed away. One had been born, and in due course admitted to the bar, soon ran for office, was elected a continuous Hon. until at last he went to his reward, such as it was. And the local paper gave him an obituary as long as your arm.

The other man followed in the footsteps of his brawny sire, and became a maker of harrows. He was industrious and honest, and for years the Hilligose harrows which he whacked out by hand were known nearly all over the country as reliable utensils. By-and-by he, too, passed on. The paper announced his demise in a few lines and spelled his name wrong.

Now, tell me, Lester, which of these men would you rather have been? Do not say the former, or I'll slap your jaws for you and not let you go to the picture show, either.—Kansas City Star.

### Workings of Lie Detector.

When your husband comes home rather late and tells you he had an important business engagement all you have to do is to try it on the sphygmomanometer. The sphygmomanometer is an invention by William H. Marston of Harvard, by which he asserts a lie can be detected. Professor Marston says that when a person tells a lie, especially if he is under oath, there is an emotional reaction, affecting the breathing and the blood pressure. . . . The breathing of married men is seldom affected by a mechanical lie.—Syracuse Herald.

Why Alice Golithly No Longer Bores People With Long Recital of Her Physical Ailments.

Pollie Dear and Mollie Love met out shopping one morning and immediately forgot all about shopping, time, hungry husbands at home, etc., in a "few minutes" chat.

Just then Alice Golithly passed by. Each smiled sweetly at the other, and murmured:

"Good morning."

As soon as Alice had passed on, Pollie turned to Mollie and said:

"I notice Alice doesn't go round boring other people with her ailments as she used to."

"No," smiled Mollie; "she met a man who cured her completely."

"Oooh!" purred Pollie. "Who was he? Was he a doctor?"

"Oh, no!" answered Mollie. "She was telling this man some of her symptoms, when he remarked, 'It's strange how many of these things afflict people as they begin to grow old.' Since then she has held her tongue about them."

### English Mercy for Criminals.

In England a sentence of life imprisonment is always reviewed at the end of 15 years, and if the prisoner's conduct has been uniformly good, he is usually released. This is particularly the case where a prisoner has been sentenced for murder, for murderers are said to be usually well-behaved prisoners.

### Out of Favor.

"Run and call Fido, dear."

"But, nuvver, I'm not speakin' to Fido since he broke my dolly."

## You Always Get full food value for your money when you eat Grape-Nuts

Each golden granule of this attractive wheat and malted barley food is rich in nutriment for body and brain. Serve Grape-Nuts direct from the air-tight packet for breakfast or lunch.

Crisp-Delicious-No Waste "There's a Reason" for Grape-Nuts